SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 8

SHOW THAT SOMEONE SPECIAL JUST HOW MUCH YOU CARE!
Two Blonds & a Brunette GIFT CO.
SPA DELIGHT BASKET
www.twobandb.com 533-7221

OF FASHION AND FLOTUS

METRO SITS DOWN WITH JASON WU — THE MAN WHO DRESSED MICHELLE OBAMA FOR TWO INAUGURATIONS PAGE 9

REGINA metro®
Thursday, February 7, 2013
News worth sharing.
metronews.ca | twitter.com/metroregina| facebook.com/metroregina

Robocalls 'within the process': PM

Prime Minister Stephen Harper rises during question period in the House of Commons on Wednesday. Harper says the Conservative party was operating within a normal electoral review process when it used robocalls to explore public opinion on proposed changes to riding boundaries in Saskatchewan — but opposition critics don't agree. ADRIAN WYLD/THE CANADIAN PRESS

Under fire in the Commons. Harper says party broke no rules with so-called 'push poll' calls on proposed changes to electoral boundaries

The Conservative party was operating within the bounds of normal process when it used robocalls to explore public opinion surrounding plans to change riding boundaries in Saskatchewan, Prime Minister Stephen Harper says.

Not so, opposition critics — including NDP Leader Tom Mulcair and interim Liberal leader Bob Rae — cried Wednesday as they accused the Conservatives of using "fraudulent" calls to manipulate the process.

An arms-length, independent commission is proposing to redistribute some of the province's 14 federal ridings in order to better reflect increasingly urban populations in Regina and Saskatoon.

But the changes have met with stiff resistance from Conservatives, who hold 13 of Saskatchewan's 14 seats and fear a more concentrated urban vote in some ridings might favour their political rivals.

The Conservatives admitted being responsible for the so-called "push poll" calls to would-be voters in Saskatchewan, which said some proposed changes to electoral boundaries would undermine provincial values.

The computer-generated calls identified no political party, saying only that they came from a company called Chase Research. That was a mistake, the Conservatives say.

In the face of a barrage of opposition questions Wednesday in the House of Commons, however, Harper insisted the party broke no rules.

"The party followed the rules and our position to the public is very clear on the commission," he said. "The commission is working to re-draw the electoral boundaries according to the law."

He said it's part of the normal effort to produce new electoral boundaries.

"We are simply operating within the process," he said.

Rae described the calls as nothing short of a Conservative effort to gerrymander Saskatchewan ridings.

But Harper said the commission expects to hear outside comment. "Those commissions accept and expect input from parliamentarians, from political parties and from the general public."

Mulcair, for his part, was scornful: "Since when do robocalls become input in our political process?"

Saskatchewan Liberal MP Ralph Goodale has asked the Canadian Radio-television and Telecommunications Commission to investigate the matter.

Goodale called the robocalls a "deplorable" attempt to undermine the work of the commission that should be fully investigated by the federal telecommunications regulator. THE CANADIAN PRESS

No rest for Wickenheiser

Renaissance woman: Hockey hero Hayley juggles school and career goals with the all-important task of promoting Canada's sport PAGE 3

Mmmm ... 'The Priestley'

Tim Hortons experiments with a Timbit-filled doughnut inspired by How I Met Your Mother, which featured a cameo by Jason Priestley PAGE 5

In harmony

Husband-and-wife duo Whitehorse rock the Exchange tonight PAGE 7

ROGERS

REGINA

Teleco

864 Victoria Ave. E

(306) 352-6600

Teleco

Cornwall Centre

(306) 525-3854

Teleco

1501 Albert St.

(306) 525-5000

SASKATOON

AirSource

718 Circle Dr. E

(306) 955-2355

AirSource

2002 8th St. E

(306) 955-2357

AirSource

Centre at Circle and 8th

(306) 955-1955

AirSource

Midtown Plaza

(306) 955-5799

AirSource

Confederation Mall

(306) 955-4399

ROGERS plus

REGINA

North Gate Mall

(306) 949-5395

Southland Mall

(306) 949-5397

They're WHITE hot & going fast.

FOR A LIMITED TIME

GET UP TO **$100 OFF***

ON SELECT WHITE SMARTPHONES

with select 3-yr. FLEXtab™ agreements

LTE beyond 4G EXPERIENCE THE FASTEST WIRELESS INTERNET TECHNOLOGY ON THE PLANET.[1]

CALL 1 866 749-7066 | CLICK rogers.com/WhiteSale | VISIT your local Rogers retail store

Rogers LTE network available in select cities. See rogers.com/LTE

share FRIENDS CONNECT EXCITING text NETWORK TALK SHARE RELIABLE ACCESS CONNECT FREEDOM LIFE NETWORK CHAT TALK FRIENDS SURF LIFE TEXT FIRST FAST CONNECT CHAT ACCESS FREEDOM EXCITING FAST CONNECT FREEDOM EXCITING FRIENDS

ROGERS™

Offers available for a limited time and subject to change without notice. *Savings of up to $100 off purchase of select devices with new activation before Feb. 19/13 on any 3-yr. talk, text and internet plan having min. $45 monthly service fee ($110 savings on Samsung Galaxy S III 32 GB; $75 savings on LG Optimus G 2600; $60 savings on Samsung Galaxy S III 16 GB; $50 savings on Samsung Galaxy Note 2 and Nokia Lumia 920; $49.98 savings on HTC One X; and $10 savings on BlackBerry Z10). Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. **1** Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. © 2013 Rogers Communications.

Officials tackle local issues during bear pit at SUMA

Urban municipalities. Conference provides forum for communities to voice concerns

MORGAN MODJESKI
Metro in Saskatoon

Elected officials from Saskatchewan urban municipalities got a chance to grill provincial cabinet ministers in a bear-pit session on pressing issues in their community on Wednesday morning.

On the final day of the Saskatchewan Urban Municipalities Association (SUMA) annual convention, officials raised issues about education, infrastructure and health.

"It's a chance for councillors and representatives of communities of all sizes to raise specific issues, some very, very local issues and some broader issues that are raised in a local context," said Premier Brad Wall.

The bear pit isn't the first time the provincial government has discussed certain issues, but he said the session — and the entire SUMA convention — was a chance for municipalities to voice concerns with ministers face-to-face.

"Ministers (are) here for the whole convention, for all four days in breakout meetings, listening to mayors, listening to councillors about concerns they have, and that's why the conventions are always quite successful," said Wall.

Newly elected SUMA president Debra Button said she feels her first convention as president was a success, but added for her the work has just begun.

"For me, the conference was a campaign, election and visiting with (media), so I'm interested to sit down with the board (Wednesday) and ... start to set the direction as we move forward," said Button.

Quoted

"We do take back some of the themes that are raised and ministers take back a lot of specific case work, and I think that's a good thing."

Premier Brad Wall, on SUMA.

Premier Brad Wall speaks to media on the last day of the Saskatchewan Urban Municipalities Association annual convention, which wrapped up Wednesday afternoon. MORGAN MODJESKI/METRO IN SASKATOON

Hockey legend takes career to next level

Hayley Wickenheiser poses with some of her hockey hardware. CONTRIBUTED

Some people might take it easy after winning three Olympic gold medals, six more gold medals at the Women's World Hockey Championships and breaking countless barriers in women's sport at the same time, but Hayley Wickenheiser isn't the type to rest on her laurels.

"I knew someday I would have to get a real job," said the hockey legend from Shaunavon, Sask.

Wickenheiser, 34, is nearing completion of her degree at the University of Calgary, and her next life goal sees her setting her sights high once more.

"I'm doing kinesiology with an eye on going to medical school," said Wickenheiser.

"I spent a lot of time lately in hospitals shadowing (doctors) just to see what working in a hospital is like," said Wickenheiser. "I find it just like hockey — a team environment where everyone is under a lot of pressure."

But even with all of her commitments Wickenheiser has also found the time to promote the sport of hockey across Canada through Kraft Hockey Goes On.

The program gives communities a chance to nominate their local hockey heroes, leaders and volunteers to be recognized nationally and bring in cash donations for local hockey programs.

The top five nominees will receive $100,000 for their local hockey association while an additional 20 individuals will receive $20,000.

"It is huge — $100,000 to a community arena can go a long way to adding more equipment or updating facilities," said Wickenheiser.

Visit Krafthockeygoeson.ca to nominate someone.

JEFF MACKEY/METRO

Drug crackdown

Three charged in meth bust

Three people are facing numerous drug-related charges as a result of an ongoing investigation into drug trafficking in Regina.

Two women, aged 21 and 29, and one man, 26, are being charged with possession of methamphetamines for the purpose of trafficking, among numerous other charges.

The investigation was conducted by the Regina Integrated Drug Unit, which is comprised of police officers from the Regina Police Service and the RCMP.

The arrests took place at a traffic stop and during a search of a residence on Nollet Cres., in the city's northwest. **METRO**

Fundraising

Bigger prize money sought for local lotteries

The Saskatchewan government will be asked to give charities across the province the power to increase their fundraising lottery jackpots.

The Saskatchewan Urban Municipalities Association has passed a resolution to lobby for changes to current laws that limit the maximum value of prizes in local authority-issued lottery licences to $1,000.

The resolution was presented Tuesday by Fort Qu'Appelle Mayor Ron Osika at the association's convention in Saskatoon.

Osika would like to see the maximum prize value increased to $2,500, saying bigger jackpots mean more incentive to buy tickets and more cash for charities to run community projects.

Osika, who is the association's central region director, says he was approached by municipalities that are concerned about the current limit not being enough when people look to obtain a lottery licence.

THE CANADIAN PRESS/CKOM

Federal government appeals ruling on status of Indians

Thirteen-year battle. Ramifications demand a higher judicial ruling, minister argues

The federal government will appeal a landmark Federal Court ruling that would vastly expand the ranks of people considered Indians under the Constitution.

After more than 13 years of legal wrangling, the court ruled last month that Métis and non-status Indians are indeed "Indians" under a section of the Constitution Act, and therefore fall under federal jurisdiction.

On Wednesday, Aboriginal Affairs Minister John Duncan told the House of Commons that the ramifications of the decision demand a ruling from a higher judicial authority.

"Given that the Federal Court decision raises complex legal issues, it is prudent for Canada to obtain a decision from a higher court," Duncan said.

"After careful consideration of the decision, Canada has filed an appeal, and it would be inappropriate to comment further as the case is before the courts."

Among other things, Duncan said, the services provided to Aboriginal Peoples by the federal government have to be affordable.

THE CANADIAN PRESS

One reason

"Our government must ensure that programs and services to Aboriginal Peoples are fiscally sustainable."

Aboriginal Affairs Minister John Duncan, offering one reason the federal government is seeking a higher judicial review.

The struggle continues

The case dragged on for years before the ruling last month.

- **Case history.** The Congress of Aboriginal Peoples and several Métis and non-status Indians took the government to court in 1999, alleging discrimination.
- **Congress response.** National Chief Betty Ann Lavallee said she was "truly disappointed, but at the same time not surprised."
- **At stake.** Lavallee said the decision "comes at the expense of ... the 'Forgotten Peoples' of Canada struggling for recognition of their constitutional rights, equality, dignity, self-worth and fairness."

Sexy Anne of Green Gables mortifies nation of readers

A new image of Canada's most beloved literary orphan has Canadians seeing red, but not where they're supposed to.

A new edition of Anne of Green Gables depicts the notoriously youthful and ruddy-headed heroine as a curvaceous blond teen, sparking a fierce backlash from scholars and casual readers alike.

Critics derided the cover, saying it is a far cry from the feisty, 19th-century 11-year-old brought to life in the pages of L.M. Montgomery's classic novels.

The image appears on the cover of a Three in One edition produced by CreateSpace, a subsidiary of the Amazon group that allows people to self-publish their material.

CreateSpace did not respond to requests for comment, but readers were not so reticent.

Many argued the picture, which flatly contradicts many textual references to Anne's appearance, amounts to character assassination.

"Anne's fiery hair, unfortunate complexion and gangly build define her character ... for she learns to cultivate ideals of inner and outer beauty," one reader wrote on the book's Amazon.com page.

Nick Mount, Canadian literature professor at the University of Toronto, suspects the photo was used in part to contravene copyright protections.

While Montgomery's text — originally published in 1908 — is in the public domain and therefore fair game for self-publishing companies, the traditional image of the red-headed, pigtailed Anne is owned jointly by the province of Prince Edward Island and the heirs to the author's estate.

THE CANADIAN PRESS

The cover image of a new edition by CreateSpace, left, meets Anne's copyrighted traditional look. TORSTAR NEWS SERVICE

Too precious

"Messing with this particular image is asking for trouble."

Nick Mount, Canadian lit professor at the University of Toronto, saying the new image nearly defaces a Canadian cultural icon.

Price disparity. Senators urge tariff review to help match U.S. prices

A Senate committee says Ottawa should launch a comprehensive review of tariffs as a way of narrowing the price gap between Canadian and U.S. consumer goods.

The committee says Canadian consumers feel ripped off by higher prices in Canada, but the problem is not as simple as it appears.

A report cites factors like the different size in the market and the fact suppliers often charge Canadian retailers more than counterparts in the U.S.

But it also notes that many witnesses pointed the finger at import tariffs applied by the federal government on consumer goods, which can sometimes reach as high as 18 per cent.

Prior to the report's release, Finance Minister Jim Flaherty said the government has been looking into tariffs, particularly on consumer goods, to see if they can be lowered or eliminated.

THE CANADIAN PRESS

Prediction

The report expects the price differential between goods in Canada and the U.S. to close as competition increases and more consumers become price-savvy.

Bulgarian bus bombing. Canadian suspect in act of terror left nation at 12

Immigration Minister Jason Kenney sparked fresh debate about Canada's responsibilities to its dual citizens Wednesday as he shed a little more light on the shadowy suspect in a terrorist attack in Bulgaria last summer.

Kenney said the Lebanese-Canadian man arrived in Canada at age eight and lived in Vancouver with his mother before becoming a citizen, then returned to Lebanon when he was 12.

Bulgarian authorities say that's where they believe the man is now, along with the other suspect in the July attack, which killed five Israeli tourists, a Bulgarian bus driver and a third suspect — the bomber himself.

While the Lebanese-Canadian individual may not have lived in Canada recently, Kenney said the controversy raises the question of what to do about citizens who go abroad to commit acts of terror.

He suggested the government ought to look at a mechanism for stripping Canadian citizenship from those involved in terrorist acts abroad.

Conservative MP Devinder Shory currently has a private member's bill before the Commons that, among other things, would revoke citizenship from dual nationals if they engage in an act of war against the Canadian military.

"I think that perhaps we should consider working with Mr. Shory to broaden the scope of his bill," Kenney said.

Federal opposition leaders cautioned against a rushed response. THE CANADIAN PRESS

Vancouver

Stolen dogs found over 100 km away

Two dogs that were stolen when a thief made off with a dog-walker's truck in Vancouver have been found more than 100 kilometres away.

There were four dogs in the truck when a thief hopped into the vehicle and drove away on Tuesday.

Two of the dogs were found shortly after, apparently dropped off several blocks away, but the two other dogs remained missing overnight.

Mounties said someone called in to report the abandoned vehicle on a tree farm in Agassiz, about a 90-minute drive east of Vancouver, with the dogs still in the back of the truck.

THE CANADIAN PRESS

Tribute doughnut. Take a bite out of 'The Priestley'

A sitcom gag about the ubiquitous presence of Tim Hortons has inspired the company to create an outlandish new pastry — a Timbit stuffed into a jam-filled doughnut.

A company spokeswoman says the one-time only experiment — a photo of which appeared on its Twitter feed Tuesday — was inspired by a recent episode of How I Met Your Mother.

The Canadian-themed episode featured a cameo by homegrown star Jason Priestley, who boasted of a self-created confection he dubbed "The Priestley."

Tim Hortons spokeswoman Alexandra Cygal says a staff member who happens to be a fan of the show as well as a "certified culinary scientist" created the doughnut as a fun exercise.

"The day after the show aired he just came into work and decided to create The Priestley in his lab, so we had a lot of fun with it," Cygal said Wednesday, adding that there are no plans to mass-produce the treat. "It's generated a lot of positive buzz and great exposure for our brand both in Canada and the U.S."

Monday's episode of How I Met Your Mother featured a cavalcade of Canadian stars including Luc Robitaille, Steven Page, k.d. lang, Geddy Lee, Alex Trebek, Alan Thicke and Paul Shaffer.

This photo from @TimHortons Twitter feed shows a doughnut called "The Priestley," which the company made after it was mentioned on an episode of How I Met Your Mother. TWITTER

They pop up when recurring character Barney Stinson, played by Neil Patrick Harris, travels to Canada to learn more about his Canadian girlfriend Robin Scherbatsky, played by real-life Canuck actress Cobie Smulders.

He discovers a country obsessed with Tim Hortons doughnuts, as revealed by a faux documentary in which Priestley claims to have invented The Priestley.

THE CANADIAN PRESS

Stock flotation: Dead herring cost a cool $9.8M

Herring worth millions in exports are seen floating dead Tuesday in Kolgrafafjordur, a small fjord in west Iceland, for the second time in two months. Between 25,000 and 30,000 tonnes of fish died in December and more are dead now, due to lack of oxygen in the water thought to have been caused by a landfill and bridge constructed across the fjord in December 2004. The current export value of the estimated 10,000 tonnes of herring amounts to about $9.8 million, according to Morgunbladid newspaper. BRYNJAR GAUTI/THE ASSOCIATED PRESS

Tokenism. Monopoly fans vote to add cat, toss iron

Scottie dog has a new nemesis in Monopoly after fans from more than 120 countries voted to add a cat token to the property trading board game, replacing the iron, toy maker Hasbro Inc. announced Wednesday. It was the first time that fans have had a say on which of the eight tokens to add and which one to toss.

The results were announced after passionate efforts by fans to save their favourite tokens and businesses eager to capitalize on publicity surrounding pieces that represent their products. The shoe and the wheelbarrow had joined the iron as endangered tokens.

The online contest to change the tokens was sparked by chatter on Facebook, where Monopoly has more than 10 million fans. The vote on Facebook closed just before midnight on Tuesday.

The initiative was intended to ensure that a game created nearly eight decades ago remains relevant and engaging to fans today. The tokens have changed quite a lot since Parker Brothers bought the game from its original designer in 1935.

Other pieces that contested for a spot included a robot, diamond ring, helicopter and guitar.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.45¢ (+0.07¢)

TSX 12,761.59 (+15.95)

OIL $96.62 US (-2¢)

GOLD $1,678.80 US (+$5.30)

Natural gas: $3.43 US (+3¢)
Dow Jones: 13,986.52 (+7.22)

CLEANSING...
it's like health insurance for your body
Health Insurance Policy
Why You Should Cleanse
• Increases Energy
• Improves Digestion
• Reduces Toxic Load
• Improves Elimination
• Reduces Risk of Chronic Health Conditions
First Cleanse
CleanseSMART
Total Body Rapid Cleanse
First Cleanse is designed for the first time or sensitive cleanser. It is gentle yet effective.
CleanseSMART is a 30 day advanced cleanse that deeply detoxifies the whole body. CleanseSMART is designed to work regardless of diet or lifestyle.
Rapid Cleanse is a 7 day cleanse that is perfect if you need results quickly or if you would like to cleanse on a more regular basis.
TESTIMONIAL
After suffering from fatigue, headaches and chronic constipation, I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P. 2012-05-04.
Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3
facebook.com/renewlifecanada
twitter.com/renewlifecanada
$3 Off
Receive $3 Off Your Next Purchase Of Any Renew Life Product*
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires March 31st, 2013.

BORDER-CROSSING MADE EASY AS PIE (NOTE: PIES WILL BE CONFISCATED)

HE SAYS...
John Mazerolle
metronews.ca

Hello, fellow Canucks, and welcome to this special guide on how to get through U.S. Customs, no fuss no muss!

(The U.S. government advises that if you do have muss, you must say how long you have had it, where you obtained it, and whether you plan to use it for business or pleasure.)

Shhh!

Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."

Sure, sometimes small hiccups can happen at the border. For instance, there was the recent case of a Canadian man who was not allowed to attend the Super Bowl because of a 1981 marijuana conviction.

(The U.S. government warns that marijuana has been proven to alter the brain, which under U.S. law is only appropriate when it involves heavy drinkers watching large men give each other concussions.)

And, yes, most of us have a friend or relative who's had trouble at the border. An ex of mine was recently denied entry because something alarmed U.S. customs officials. Keep in mind that she is a white, rail-thin woman with blond hair, a big smile and Cameron Diaz's looks, but not as threatening. Also, her passport is full of Middle Eastern stamps because she lived there for two years.

I'm here to assure you that these instances are the exception, not the norm. By following these simple tips at border crossings and airports, you can change entering and leaving the U.S. from a long and terrifying ordeal to a long and tedious annoyance.

U.S., eh? – Tips for crossing the U.S.-Canada border:

While you wait:

- If you must walk through a metal detector, remember to remove shoes, jackets, scarves, belts, bracelets, underthings, fillings, false hips, glass eyes, any bodily fluids hidden in your body, your allegiance to your country and that stupid smirk on your face.
- Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."

Talking with the customs officers:

- Remember that being a customs official is a stressful, repetitive occupation, so you should relieve the tension with a few well-timed zingers. They LOVE it! Joking with the official about how he or she is a glorified mall cop will liven up an otherwise dreary day.
- Also, show the official you are friendly and confident by finishing every sentence with "Bucko!"

What to declare:

- No endangered species are allowed, especially as articles of clothing. (For example, on the not acceptable list: Elephant-tooth necklace with lion-skin shawl; acceptable: Housecoat made of house cats.)
- The U.S. considers Cuba an evil empire. If you have a Cuban cigar, be sure to label it as a finely rolled Saudi Arabian.

Drugs:

- If you have a marijuana conviction, you are required by law to declare it, unless you got it at a duty-free shop.
- There are only two ways to regain permission to enter the U.S. after a drug conviction: 1) obtain a pardon; or 2) score an interview with Oprah.

Those are the tips. We hope you found them helpful. By following these simple rules, your U.S. trip will be easy as pie.

(Please be advised that U.S. regulations stipulate that all pies will be confiscated. Also, if you have any ice cream and a fork, that'd be great.)

Open-concept house for sale

Life is plastic

It's fantastic: Barbie lists abode

After 41 years, Mattel's leading lady is moving out. Toy maker Mattel announced today Barbie is looking for a new home and selling her Malibu, Calif., Dreamhouse.

In her search for a new pink abode, the septuagenarian doll will make a number of worldwide appearances, including World Mastercard Fashion Week in Toronto in March to meet with some Canuck designers. **METRO**

'Ken' I come, too?

Do you want to know what it's like in Barbie world?

Wondering what the house — which started its fictional life as a studio apartment in 1962 and has undergone 10 renovations — is like?

Mattel is letting fans immerse themselves into Barbie's world with a real-life experience, giving girls the chance to see the Dreamhouse in person.

Or, they can get a glimpse of Barbie in her reality web series that's airing on Barbie.com.

The site even allows girls to customize their own Dreamhouse. **METRO**

Icon looks to move after decades in Dreamhouse

"It wasn't an easy decision for Barbie to put her Dreamhouse on the market, but this move marks an unprecedented opportunity for her fans to get an inside look at her dreamy home."

Lori Pantel, vice-president of global marketing for Barbie

Open house

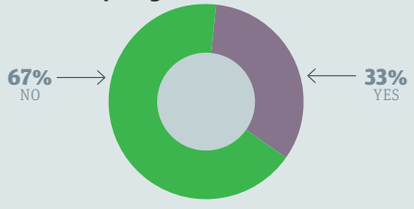
Three walls equal great ocean view

The 8,500-square-foot (measured in her heels), three-storey bachelorette compound features a spacious bedroom, three chandeliers, one elevator — in pink and with a state-of-the-art pulley system — and the best ocean view in Malibu (after all, it only has three walls). **METRO**

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should sperm donors be able to apply to see their offspring?



Twitter

@jaydenpfeifer: Looking to buy some kind of ornamental sceptre in #YQR. I'm not kidding. Anyone have any ideas or leads?

@burninggoats: I don't know about you guys, but i think Corner Gas is even more hilarious when you watch it in Saskatchewan. #yqr

@therealTimFurry: Well #YQR is sold out of #Blackberry Z10's already. Name is on the next shipment

@jonmilani: It's Wednesday. I better flip my car and make everyone late. - #yqr driver

@doctor_rod: Sucks that they're not having the Vanier in #yqr along with the Grey Cup. #CISfball

@Psychullyett: Impressed with the renos at the #YQR airport! Starting to look like a modern day big city airport!

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Whitehorse runs on love, music and compromise

Touring duo. Luke Doucet and Melissa McClelland live their dream, managing their marriage and musical act on the road

BACKSTAGE PASS
JEFF MACKEY
regina@metronews.ca

Ask most Canadians about Whitehorse and they will likely start recalling their grade-school geography for you. But for music fans, Whitehorse has a second, equally Canadian meaning.

For these people, Whitehorse is a harmonizing, rock 'n' roll, husband and wife duo by the names of Luke Doucet and Melissa McClelland. Both artists have been touring Canada for years solo and with other bands. But this tour, for their second album The Fate of the World Depends on This Kiss, is different.

"This is the first tour we have ever done where we are doing a lot of theatres," said Doucet. "It is nice to see things evolve and it will be nice to play with lots of people. I mean, I spent a large part of my life playing to nobody, so it will be a really fun tour."

The duo will be coming to Regina on Thursday for a show at the Exchange and Doucet says he is no stranger to playing the prairies. "I have played Regina many times. It is great. I have played the Regina Folk Festival and I've played every club that could be played going way back," said Doucet.

"It is also one of those cities that not everyone tours, sort of like mid-western American cities," said Doucet. "But when you do go there people generally have a lot of energy to give back because they are genuinely grateful for your effort to play for them."

Those in attendance at a Whitehorse show will be treated to a mix of the traditional and the unorthodox.

"It is just two of us, but we have drums, bass, guitars, a whole bunch of keyboards and microphones that we use at different times throughout the set," said Doucet. "Half the show we are using those instruments to create loops — none of it is pre-recorded, all of it is built on stage. If it sounds like we are juggling kittens, it's because we really are, which is really fun and really challenging," said Doucet.

But the pair's country influences also shine through during their live set.

"The other half of the show is really intimate, kind of like Johnny Cash and June Carter, just the two of us around one microphone," said Doucet.

But intimacy does not seem a tall order for a guitar-slinging husband-wife team with an adoration of songwriting.

"We write together, sometimes that means I write a song, Melissa tears it apart and then we put it back together, or vice versa," said Doucet.

While touring with your spouse may be strenuous for other couples, Doucet enjoys the working and personal relationship with his band mate.

"We got lucky because we both play music together and sing so we get to blend our personal lives and professional lives and our artistic lives all together, and that is unusual," said Doucet. "Sometimes I think we are getting away with murder."

Luke Doucet and Melissa McClelland will be playing the Exchange in Regina on Thursday. SIX SHOOTER RECORDS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga. ALL GETTY IMAGES

Lady Gaga's weird and wonderful dressing room requirements leaked

Lady Gaga's list of dressing room requirements has leaked, and while there are more demanding celebrity singers out there — Mariah Carey comes to mind — she wouldn't be Gaga without a few eyebrow-raising items.

Gaga's requests include lavender towels and hand soap as well as yellow, lavender and white roses and, according to correspondence obtained by Celebuzz, "a mannequin with puffy pink pubic hair."

Russell Brand

Despite Stern prodding, Brand refuses to thrash ex-wife Katy Perry

During a recent visit to Howard Stern's radio show, Russell Brand got the chance to criticize ex-wife Katy Perry for dating John Mayer, but he didn't take it. "Doesn't she know that he's a worse womanizer than you?" Stern asked, to which Brand joked, "Worse or better, depending on how you view it." But Stern's prodding didn't producer any naysaying. "So help me God, Howard Stern, I will not compromise my ex-wife's vagina for the sake of ratings," Brand declared. "That woman was perfect from top to bottom." As for Brand's own love life: "I'm not dating anybody. Actually, I'd like a romance," he says. "Not so much playing the field, just going through life, doing yoga, concentrating on this TV show and trying to find a nice wife."

The Word

'Unflattering' pictures put Beyoncé's vanity on show

THE WORD
Dorothy Robinson
scene@metronews.ca

On Monday Buzzfeed published a story entitled "The 33 Fiercest Moments From Beyoncé's Halftime Show" which, as the title entails, includes photos of Bey looking like the warrior princess she is. The problem? Apparently, Beyoncé and her team found some of the pictures unflattering and emailed the site to have them taken down as, god forbid, Beyoncé ever look unattractive. The email from her publicist read, "Thanks for taking my call. As discussed, there are some unflattering photos on your current feed that we are respectfully asking you to change. I am certain that you will be able to find some better photos."

The Word is reprinting one of the photos here. As you can see, it isn't the best but how in the world could a few bad shots of Beyoncé ruin her stature as an icon? They are merely drops in the ocean of Beyoncé imagery that saturate our day-to-day lives. Faces make faces, especially when you're performing as hard as she did on Sunday night. If anything, it's nice to know that she's actually a human and not some leather clad robot created by the Knowles family to make all women feel terrible about themselves.

Chris Brown

Brown may have to redo community services due to 'discrepancies'

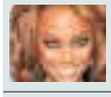
Chris Brown may have to start his community service all over again now that a Los Angeles District Attorney is alleging the singer failed to provide "credible, competent or verifiable evidence" that he fulfilled his obligation, according to the Los Angeles Times. Brown was given 180 days of community service as part of his sentence for assaulting Rihanna in 2009, and he was granted permission to complete it in his home state of Virginia. But now D.A. Mary Murray claims there are "significant discrepancies" in the reports about his service, which she says are "at best sloppy documentation and at worst fraudulent reporting." Brown's lawyer, Mark Geragos, is promising to fight back, though. "Apparently the district attorney's office has completely lost their minds," he tells the newspaper. "They are making scurrilous, libelous and defamatory statements and apparently have lost their ability to read their own reports."

Twitter

@carrieunderwood
A note to fellow air travelers: if you must talk SO loud, PLEASE keep the cursing to a minimum. We can't get away from you.

@RealMichelleT
Rules of Law & Order: if someone says, "There was this one guy.....". It's ALWAYS that guy.

@edward_burns
Feeling better. Flu subsiding. Getting back into bed with Scorsese. Taxi Driver this afternoon. Departed up next.



@tyrabanks
It's that time. "What time?", you ask. It's time to tell yourself just how fierce and fine you are.

INDULGE IN beauty
Super SPEND YOUR POINTS EVENT!
SATURDAY, FEBRUARY 9 TO MONDAY, FEBRUARY 11
SPEND 40,000 POINTS AND GET UP TO $90 OFF*
THAT'S AN EXTRA $27
SPEND 80,000 POINTS AND GET UP TO $200 OFF*
THAT'S AN EXTRA $64
FREE feels good
Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. See store for details.
Offer valid Saturday, February 9 to Monday, February 11, 2013 only.
SHOPPERS DRUG MART

From admiring to hiring: Jason woos famous faces

Wu done it.
The one-man style super force speaks of Stephanie Seymour, styling Michelle and his signature Wuism

KENYA HUNT
life@metronews.ca

Last month there was a rumour circulating on Twitter that your first words in English were Stephanie Seymour, who now stars in your ad campaign. Is that true?
Not quite, but it might as well be. When I first moved to Canada from Taiwan, my mom bought me a sewing machine. I didn't speak a lick of English. I grew up speaking Mandarin. So I learned the language by reading my mom's fashion magazines. I was never the best student in school. I learned by applying what I loved. One day I was talking to my aunt, who also had a lot of fashion magazines, and I pointed out Stephanie Seymour. She was like, 'How do you know who Stephanie is?' I've worked with so many people I grew up admiring. Fashion seems to be this impenetrable, daunting industry. But for me to be able to get to where I am today speaks to how many opportunities there are for young people in New York.

Even with the lingering recession?
It's funny because I started during an economic downturn.

Acclaimed designer Jason Wu moved at age nine from Taipei, Taiwan, to Vancouver. CONTRIBUTED

I've never really experienced a good economy in that regard. It's always been a little difficult. I started my business when people were running for the hills and not buying anything.

You've dressed Michelle Obama for two inaugurations. How did the second one differ from the first?
It wasn't something that I quite expected to happen. I can't say that I know so much about politics. And when I was approached the first time, I wasn't as familiar with Mrs. Obama. I felt like I was part of a moment. But with this second time, it felt more subtle. I felt like it was important for me to keep pretty private about it. I never wanted to sort of exploit the fact that the first lady has been so great to wear me on such an important occasion.

In some parts of the world, you, who left Taiwan as an adolescent and have a connection to Canada, are now the face of American fashion.
It's quite cliché in many ways, but a lot of times we talk about achieving the American dream, that you can come here from anywhere in the world, from any walk of life and succeed. And in the real world you don't think that ever happens. But my career has changed my mind about that.

You're collaborating with Lancôme on a beauty line. And you once created a nail polish collection for CND.
Beauty is a compliment to the clothes. In my teens I bought the Kevyn Aucoin books and used to just stare at them. They were so inspiring for me.

I've never been the person to do minimal hair and make-up. Beauty has always been a part of the design process for me. Even in my working with Hollywood actresses, I'll work with the hair and makeup. I've worked with Diane Kruger, Michelle Williams, Jessica Paré. When it's done correctly, it can create some magical moments.

Are there any that stand out in your mind?
Diane Kruger at the SAG Awards two years ago. We collaborated together. She wore red lips and was very high glam and high contrast. The combination of the hair and makeup and dress suited the event beautifully.

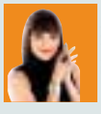
What can you tell us about your upcoming autumn/winter collection?
I've been working on being more confident in what I do and to create real signatures. So there's going to be a lot of signature Wuism that people have come to know me for, taken to another level. That's the whole part of brand building, to drive the point home every time you do anything. Naturally, I feel like I've grown up some.

Second time's a charm

What were you doing in the exact moment when you first saw Michelle Obama in her second inauguration gown?

For the last inauguration, I was at home. But this time my staff and I were working because I have my show coming up. We were live streaming it on my computers and no one wanted to talk about it so as not to jinx it. But when we saw her, we just all let out this scream. When I first did this four years ago, I had four employees. But this year, I had 30 to celebrate with.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Very excited! I'm getting a special achievement award from the Canadian Academy of Film +TV on Feb. 27th

@MorleyNirenberg: Mazeltov Jeanne! So very well deserved. #tvicon

@Zaib_Shaikh: Big time Congrats Jeanne to a big time pioneer & ambassador.

@TOBeautyReviews: congratulations!!!! Well deserved!

@styleblogca: xoxo! Congrats, Jeanne!!! You are an inspiration.

@LisaTant: Congrats on the Canadian Academy honour @Jeanne_Beker So well-earned!

@Jeanne_Beker: Watching Symbiose by Hinda A at Semaine Mode Montreal...

The Kit

Canadian street style

Spotted in: Vancouver

Sasha,
Fashion lover
Age: 22

What she's wearing
Obakki coat, Maison Olga Milan sweater, Wings + Horns scarf, Rag and Bone jeans, Dries Van Noten shoes.

Her inspiration
"The weather inspires me to dress cozy and warm and I always try to find a way to do this stylishly."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Bring your favourite coffee shop home

Everybody knows the cost of that daily coffee you pick up on the way to work can add up to quite a bit of money each year. For Canadians who give in to the daily grind, we spend on average $700 each year for a plain cup of coffee. At this time of the year, it might be nice to save some money while enjoying our java. Invest in an at-home-brewing machine and a thermal travel mug and you could be saving hundreds of dollars a year on your morning ritual.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Not only can you save money, but you can also help keep millions of paper cups out of the land fills when you use a refillable mug. Here's a list of the machines and coffee costs (based on a five-day work week) from a few of your favourite java houses.

Tim Hortons' Tassimo

Canada's favourite cup of java by far. Their at-home brew comes in the form of the Tassimo T-DISCS capsules and gets made exclusively in a Tassimo at- home-brew machine. The average machine price is $160 and the coffee capsule is 65 cents — that's $169 per year.

Van Houtte's Keurig

An established coffee house in Quebec, Van Houtte is making inroads across Canada. Their at-home-brew version is from the Keurig's brewing system and capsules are called the K-CUP. The Keurig Special Edition 860 brewer machine costs $180 and the K-CUPS average 73 cents, that's $189.80 per year.

Starbucks Verisimo

Starbucks, the big American coffee shop, has done marvels for the coffee culture in Canada and around the world. For those who criticize the dark-roast blends, they've introduced the Blonde Roast coffee, a lighter, fresher coffee bean. Starbucks has their own at-home-brewing machine called the Verisimo System, which costs $200. Their Verisimo coffee pods cost an average of $1, which will average you about $260 for a coffee before each work day.

Timothys Keurig

A lesser know shop is Timothys, which started in Ontario and has spread throughout Canada and a bit in the United States. Their at-home-brewing machine is also the Keurig (like Van Houtte) and the B31 Brewer costs $100. Look for it in a few fashionable colours. The K-CUP capsules average 73 cents per cup, which tallies into about $189.80 per year for your morning work coffee.

Nespresso

Here's the case of a reverse situation. Nespresso launches quality brand espresso capsule systems and it becomes so popular that they start opening Nespresso Cafés around the world. Look for them on the toniest of streets in major Canadian cities. The fancy Nespresso Grand Maestria machine costs a whopping $800, capsules average 60 cents each or $156 per year. It's all about exclusivity and prestige with this brand.

OLD IDEAS WORLD TOUR
2013
LEONARD COHEN
"★★★★★"
"Mr. Cohen has perfected the arena concert as a miraculously hushed ritual"
New York Times, December 2012
"★★★★★"
"...he captivated, charmed and conquered a sold-out audience"
Variety, November 2012
"★★★★★"
"If you only see one concert again in your life, make it a Leonard Cohen gig."
Vogue UK, September 2012
SATURDAY MARCH 9 BRANDT CENTRE
ON SALE NOW TICKETS STARTING AT $49.50!
AEG Live
AEGLive.com
LeonardCohen.com
LEADER POST
ticketmaster
BRANDT CENTRE BOX OFFICE
CHARGE: 306-781-9300 • 855-985-5000 • TICKETMASTER.CA
OLD IDEAS Out Now

Hygiene

Cleaning not your cup of tea?

I never know if you're supposed to wash a coffee and teapot with soap and water after each use?
-Jen, Calgary

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Some people suggest that by not washing a coffee or teapot, you actually enhance the flavours of the beverage. The oils of the coffee or tea stay in the pot and this helps with the flavour. My concern is that if you don't wash a coffee or teapot correctly, then the natural oil residue can become rancid and this definitely affects the flavours and can potentially make you sick.

The answer is simple. From a hygiene perspective, you must wash the coffee or teapot after each use.

Ensure that you rinse it out well after you have washed it to ensure that you don't leave any soap residue in the pot. When you do wash these, use a simple, soft cloth, with a PH neutral dish soap. Remember not to use too much soap.

It's simple — wash your coffee and teapot after every use.
ISTOCK IMAGES

A leaner and lighter way to commemorate Chinese New Year

ROSE REISMAN
for more, visit
rosereisman.com

I love the Mu Shiu served in Chinese restaurants. Minced pork, chicken or beef with hoisin sauce and vegetables is served in lettuce leaves or flour wraps.

They're high in calories and fat due to extra oil and the fattier quality of the beef.

These homemade ones taste great and they're leaner. The peanut sauce is made with light coconut milk.

Try them when you celebrate the Chinese New Year on Sunday.

1. Spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium-high heat. Sauté the onion until browned, about 5 minutes.

2. Add the carrot and bell pepper and sauté for another 8 minutes, until the vegetables are tender-crisp.

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup diced carrot
- 3/4 cup diced red bell pepper
- 12 oz extra-lean ground beef
- 1/4 cup light coconut milk
- 2 tbsp natural peanut butter
- 4 tsp low-sodium soy sauce
- 4 tsp rice wine vinegar
- 2 tsp sesame oil
- 1 1/2 tsp minced garlic
- 1 tsp honey
- 1 tsp sesame seeds
- 1 tsp minced fresh ginger
- 1/2 tsp hot Asian chili sauce
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 8 large Boston or butter lettuce leaves

Asian Beef Lettuce Wraps with Peanut Sauce

This recipe serves four. COURTESY OF ROSE REISMAN

3. Add the beef and sauté until no longer pink, about 4 minutes.

4. Combine the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, garlic, honey, sesame seeds, ginger and chili sauce. Add it to the beef mixture and simmer everything for 3 minutes.

5. Stir in the cilantro and green onions. Divide among lettuce leaves and roll up or allow your guests to roll their own. **RECIPE COURTESY OF ROSE REISMAN**

Cookbook of the Week

Takeout, without the takeout part

Ordering in is not the only way to enjoy your favourite Chinese dishes.

In her book The Chinese Takeout Cookbook, Diana Kuan brings Chinatown to your kitchen with 80 popular recipes, including appetizers, main courses, noodle and rice dishes and desserts.

With colour photos throughout as well as helpful tips, Kuan helps you to master classics such as Cold Sesame Noodles, Kung Pao Chicken, Beef Chow Fun, Hot and Sour Soup, Moo Shu Pork, Black Sesame Ice Cream, Pork and Shrimp Egg Rolls and much more. **METRO**

The richness of pork and the earthiness of mushrooms

1. Filling: Soak shiitake mushrooms in warm water for 20 minutes. Drain and squeeze out excess water. Discard stems and finely chop mushroom caps. In bowl, mix mushrooms, pork, scallions, soy sauce, rice wine, sesame oil, salt and pepper. Set aside.

2. Keep wrappers covered with slightly damp towel until ready to use to prevent from drying out. Fill small bowl with water for sealing dumplings. Take wrapper and place heaping 5 ml (1 tsp) of filling in middle. Be careful not to put in too much or it will leak out during folding process. Dip finger in water and moisten wrapper edges all around. Take dumpling in hand and fold wrapper in half without sealing it. With right thumb and index finger, make pleat in centre of top layer of wrapper, leaving the bottom layer unpleated. Make 2 more identical pleats in same direction, until you end up with 3 pleats on right side. With left thumb and index finger, make 2 more pleats on left side. Press all pleats to seal. Finished wrapped dumpling should resemble a crescent. Lay finished dumpling on a plate. Keep dumplings covered with slightly damp towel until remaining ingredients are used.

This recipe makes about 50 dumplings. THE CANADIAN PRESS H/O

3. Make sure to use large flat-bottomed skillet and have lid ready. Heat skillet over medium-high heat. Add 15 ml (1 tbsp) of the peanut oil and swirl to coat the bottom.

4. Working in batches, line dumplings in pan, smooth side down. Cook 2 mins. or until smooth side starts to brown. Reduce heat to medium. Carefully add about 125 ml (1/2 cup) water to pan, and immediately cover with a lid to contain spitting oil. Let dumplings steam 5 mins or until all or most of water has evaporated. Remove lid and loosen dumplings with a spatula. Turn off the heat.

5. If you are doing repeated batches, wash and dry pan so there is no residual water when you pan-fry your next batch. Repeat pan-frying process with remaining dumplings, adding more oil as necessary.

6. In bowl, whisk soy sauce, black vinegar and sesame oil. Transfer sauce to small sauce dishes and serve. **THE CANADIAN PRESS/ THE CHINESE TAKEOUT COOKBOOK: QUICK AND EASY DISHES TO PREPARE AT HOME BY DIANA KUAN (BALLANTINE BOOKS, 2012)**

Ingredients

- 1 pkg dumpling wrappers (about 50)
- Peanut oil, for pan-frying (about 15 ml/1 tbsp per dozen)

Filling

- 8 dried shiitake mushrooms
- 500 g (1 lb) ground pork
- 2 scallions, finely chopped
- 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) Chinese rice wine or dry sherry
- 15 ml (1 tbsp) sesame oil
- 1 ml (1/4 tsp) salt
- 0.5 ml (1/8 tsp) freshly ground black pepper

Soy & Vinegar Dipping Sauce

- 45 ml (3 tbsp) soy sauce
- 30 ml (2 tbsp) Chinese black vinegar
- 5 ml (1 tsp) sesame oil or chili oil

FUEL YOUR BODY WITH FRESH ORGANIC PRODUCE
REGINA'S ONLY BIN SERVICE
OPEN 6 DAYS A WEEK
body fuel ORGANICS
FREE DELIVERY ORDERS OVER $100
1307A Ottawa Street
306.352.FUEL (3835)
www.bodyfuel.deliverybizpro.com
• Pick up or delivery • Organic, fresh, and flavourful, local when available
• Convenient; save yourself the time spent grocery shopping • Locally owned and operated
Proud Supplier of Body Fuel Organics
Zee-Bee Honey vega AVENA FOODS Healthy for life SUNDANCE BISON

VALENTINE'S DAY!
gift guide

Switch things up this Valentine's Day by trying something different. Below are a number of fun date options for you and your honey. ISTOCKPHOTO/THINKSTOCK

Dates are a many-splendoured thing

ASTRID VAN DEN BROEK
For Metro

So maybe you didn't score a reservation at the restaurant of your dreams. Or perhaps you are looking to do something different or something new. If you want to switch things up this Valentine's Day, here are 10 fun date options for you and your honey.

1 Karaoke. "You can do this whether you just started dating or if you've been together for a long time," says Kim Hughes, singles and dating expert for the Toronto-based online dating site Lavalife.com.

2 Take in a pub. "Visit an old timer's bar — every neighbourhood has one — and have a pint and play darts," Hughes said. "It takes the pressure off of the date and you're not going to have to hand over your wallet at the door to go in."

3 Go bowling. Better yet, if you are a new couple and aren't sure where the relationship is going, grab another couple or two to go along with you and team up, Hughes suggested.

4 Revisit. "If you did something on the very first date you went on, do it again and go down memory lane," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.

5 Move together. "Take a dance lesson together or go to a salsa or meringue dance club," says Kateryna Spiwak, a Toronto-based dating and relationship coach. "Or you could go bowling together or play Ping-Pong for fun."

6 Make it a threesome. No, not like that. "Have dinner at home and bring in a massage therapist to come by to give you massages," Spiwak said.

7 Make the most of winter. If the lucky two of you have the afternoon or day off, hit the slopes for some skiing and après-skiing cocktails, dinner and snuggling. Don't ski? Try tobogganing or snowshoeing.

8 Think themed. If you are in a big city, visit your local museum to take in an Asian exhibit and follow that up with a Thai, Chinese or Japanese dinner.

9 Bring dinner home. Rather than heading out to a packed restaurant with its equally jammed reservation schedule, hire a chef to cook dinner in your home. "Or hire someone to come in and play music for you while you're having dinner at home," Spiwak said.

10 Pretend it's prom. Spring for a limo to take a drive through your city or to take you from your home to cocktails to dinner.

Cost-efficient dates

No money? On a bit of a budget? Here are a few cost-efficient options for date night.

- Go for a skate (or toboggan ride). Assuming you have your own gear, including sharpened skates or toboggan, head out for some free winter fun.
- Make dinner at home. "There's no need to make anything elaborate and it's much more fun when both of you are participating," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.
- Explore together. "Go enjoy a new part of your city or town that you're not as familiar with," suggests Kateryna Spiwak, a Toronto-based dating and relationship coach. "And if it's in your budget, have dinner in that area, too."
- Take a hike. "People often hike on the weekends together, so if you have the day off go for a hike through a nature preserve or valley area," Spiwak said.
- Make it movie night. PVR a movie ahead of time and uncork a bottle of wine for a movie night at home.

7 shopping days left

Gifts for the one you love

Tiffany Locks pendants in sterling silver: Emblem lock, $165, large heart lock, $165, mini round lock with a pendant chain, $140, tiffany.com.

Why I Love You Journal: A Journal of Us helps you express your love, $10.99, indigo.ca.

Clinique Happy Heart is a well-loved fragrance and some proceeds go to the Happy Hearts Fund for rebuilding schools, $42, clinique.com.

Body Shop Chocomania Deluxe Edition collection includes a range of products, thebodyshop.ca.

Make your own photo book at Blurb to help you commemorate the love you share, blurb.ca.

Enjoy a heart-shaped pizza at Boston Pizza exclusively on Feb. 14. $1 from each sale goes to charities, bostonpizza.com.

Fragments ring in sterling silver with Chalcedony and crystals. erintracy designs.com.

LOVE SWEET LOVE

Express your love with our beautiful selection of Valentine's Day cards and gifts.

Shop in-store for a chance to **WIN** from 10% up to your entire purchase.*

Indigo | Chapters | indigo.ca

Product selection and price may vary between stores and online.
*In-Store Only. Ends February 14, 2013. Purchase must include at least one eligible item plus a greeting card. Offer does not apply towards the purchase of gift cards, electronics and related accessories, tablets, Prosetta Stone interactive learning software, Indigo Love of Reading foundation fundraising products or donations and memberships. Greeting card selection may vary between stores. Additional restrictions apply. Visit your local store for full details.

Regina Rams defensive lineman Stefan Charles, second from left, in game action. B2 DIGITAL IMAGING

Another Rams DL catching NFL eyes

Football. Stefan Charles has spoken to Atlanta, Jacksonville and Dallas

Time hasn't quite cured what ails Stefan Charles.

The 24-year-old native of Oshawa, Ont., has always been an Atlanta Falcons fan and hasn't got over the heartbreak of the franchise's 34-19 Super Bowl loss to the Denver Broncos in January 1999. But having the opportunity to don the team's colours would certainly erase that lingering bitterness.

The towering Regina Rams defensive lineman can certainly dream big these days considering he's garnering plenty of interest south of the border leading up to the 2013 NFL draft in April. He's hoping to follow in the footsteps of former teammate Akiem Hicks, who was selected in the third round last year by the New Orleans Saints.

"When I played next to Akiem (in 2011) I didn't feel there really was much of a difference between us," said Charles, who has declared for this year's NFL draft. "Any team that takes me is going to get a player who will work hard and always want to be the best.

"I'm always looking at what I need to do to improve and get better."

Charles' stats

- Over three seasons at Regina, the six-foot-five, 310-pound Stefan Charles had 56.5 tackles and 10.5 sacks in 22 career games.

The scouting report on Charles says the native of Oshawa, Ont., is very athletic and possesses a long reach, qualities that could make him a nice fit as a defensive end in an NFL three-man front.

Not bad, considering Charles never played minor football growing up and early in high school was a basketball player before turning his attention to the gridiron.

To date, Charles has spoken to Atlanta, Jacksonville and Dallas while several other clubs — including Pittsburgh, Houston, Indianapolis and Seattle — have called Regina looking for his game film.

He's also very highly regarded for this year's CFL Canadian college draft. The league's central scouting bureau ranked Charles fourth among the top-15 prospects for the 2013 draft.

And Charles would readily welcome the opportunity to play in the CFL.

"All I'd like is the opportunity to play professional football," he said. "That's all I need, really." THE CANADIAN PRESS

Olympics

Canada not budging from Own the Podium stance

Canada won more gold medals than any country at the 2010 Vancouver Olympics, but that's not the goal a year from now in Sochi.

The target for the 2014 Winter Games remains as it was for Vancouver — to beat all other countries in total medals won.

Canada did not achieve that in 2010. The team finished third in the overall medal count with 26 behind the United States (37) and Germany (30).

While Canada's 14 gold in Vancouver set a record for the most won by a country at a single Winter Games, the country isn't moving off the objective of winning the overall medal count in Sochi.

THE CANADIAN PRESS

CFL

Argos, Stamps, Lions coaches up for accolades

Scott Milanovich of the Grey Cup-champion Toronto Argonauts was named a finalist for the CFL's coach of the year award Wednesday. John Hufnagel of the Calgary Stampeders and Mike Benevides of the B.C. Lions were the other finalists.

Voting was conducted by the Football Reporters of Canada. The award winner will be honoured Feb. 28 in Regina.

Toronto finished second in the East Division with a 9-9 record under its rookie head coach. But the team capped their season by downing Calgary 35-22 in the 100th Grey Cup game at Rogers Centre.

THE CANADIAN PRESS

Three big guns losing the playoff scent

They made up three teams of the NHL's version of the final four last season.

This season, the Los Angeles Kings, New York Rangers and Phoenix Coyotes aren't playing like Stanley Cup contenders. All three have failed to build on their post-season runs and sky-high pre-season expectations. The Kings, the defending Stanley Cup champions, and the Rangers wouldn't even make the playoffs at this rate. And amid complicated ownership issues, the Coyotes are just hanging on.

The Rangers can probably forget about winning the conference for the second straight season. New York has little depth and no scoring punch outside of the top line. Frontloading that first line of Marian Gaborik, Brad Richards and Rick Nash has worked. They've combined for nine goals and 23 points. It's the rest of the team that's struggled.

The Coyotes, with their long-term future now uncertain, are slowly turning around their season and have points in their last five games.

"I think we're just getting a rhythm," Coyotes general manager Don Maloney told the team's website. "You hate to make any excuses, but we played 10 games in 17 nights without basically any camp. The first five, six were a whirlwind. We were trying to sort ourselves out."

The Kings may be the most disappointing of them all. The defending champs are in the midst of playing eight of nine games on the road. They hope they can ride out the rough patch without falling further behind, before opening a stretch of five straight home games and 10 of 12 overall starting March 4. Like the Rangers, the Kings simply can't score. Toss out Jeff Carter's four goals, and they only have 15 this season.

Where the teams finish, of course, doesn't really matter, as long as they make the playoffs. But something needs to change soon, or they'll continue to be on the outside looking in.

THE ASSOCIATED PRESS

Drew Doughty of the Los Angeles Kings carries the Stanley Cup during a ceremony before the NHL season-opening game on Jan. 19. The Kings are one of three teams who made a deep push into the playoffs last year, but are struggling this season to find a rhythm. HARRY HOW/GETTY IMAGES

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Friendships are under excellent stars at the moment and someone you meet on your travels will become a firm favourite. Yes, they're a bit "different" but that's what makes them so interesting.

Taurus
April 21 - May 21
The current planetary set-up is overwhelmingly favourable. No, really, it is. Today's influences are especially good for matters related to your work or career, so make use of them. Let your boss see how keen and committed you are.

Gemini
May 22 - June 21
Employers and other important people are hugely impressed by your efforts over the past few months and some sort of recognition or promotion cannot be far away. They can see you've got what it takes — so take it.

Cancer
June 22 - July 23
You don't have to be fearful. You don't have to hide in the shadows. The way to overcome your doubts is to put them to the test. Do something today that most people would try to avoid. You're not most people.

Leo
July 24 - Aug. 23
Try not to be too hard on yourself. Yes, you have made mistakes, maybe more than a few. But you are human like everyone else, so don't beat yourself up about it. You make more mistakes because you take more risks.

Virgo
Aug. 24 - Sept. 23
What you need to remember today is that pressure can be creative. It may feel as if you are being forced to move into unfamiliar territory but don't complain too much. You will feel the benefits soon enough.

Libra
Sept. 24 - Oct. 23
Expect only good things over the next 24 hours. With Venus, your ruler, linked to luck planet Jupiter, no matter how far-reaching the changes in your life may be they will be positive ones. So, why worry?

Scorpio
Oct. 24 - Nov. 22
Break out of your rut and do something more constructive with your time. What that something is only you can decide. But, anything of an artistic nature will go well for you now as will affairs of the heart.

Sagittarius
Nov. 23 - Dec. 21
You will have to act quickly today if you want to avoid some kind of feud boiling over. Be fast, be firm and be the one who demands honesty all round. Too many people are still avoiding the truth.

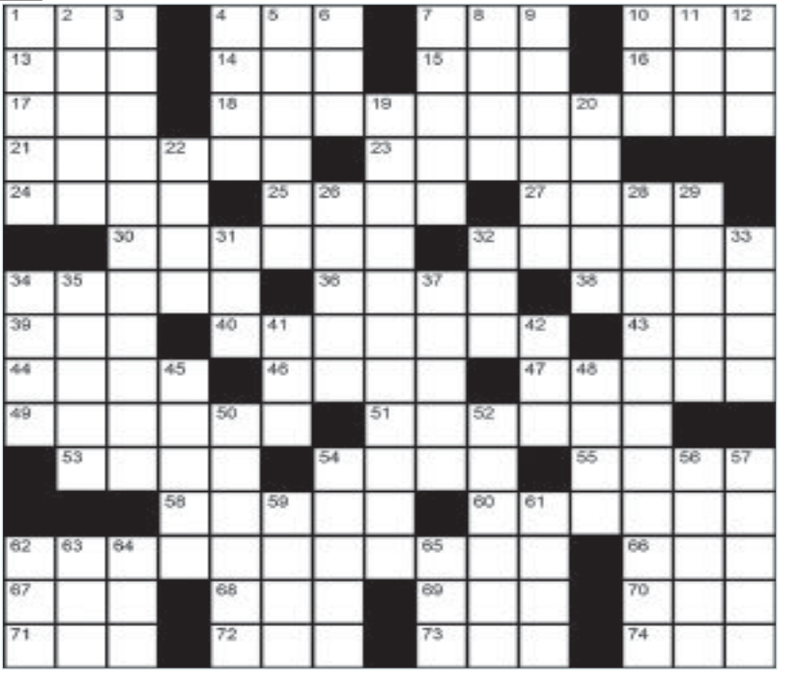
Capricorn
Dec. 22 - Jan. 20
Ignore rules and regulations. Do what comes naturally and take no notice of those who say you should do everything by the book. If you listen to them, it's unlikely you will ever get anywhere worth going.

Aquarius
Jan. 21 - Feb. 19
The omens are very much in your favour and there is no telling what you might achieve if you have the courage to take a few risks. On the love front, especially, you will be much in demand over the next 24 hours.

Pisces
Feb. 20 - March 20
It may seem as if everyone but you is having fun at the moment but that's just because of your negative outlook. Open your eyes and see what a truly privileged lifestyle you lead and pretty soon you'll be smiling again. SALLY BROMPTON

Crossword: Canada Across and Down

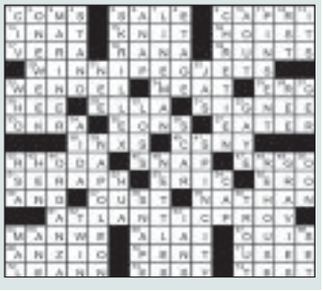
BY KELLY ANN BUCHANAN



Across
1. Shih __ (Cute dog)
4. Calgary, __.
7. Mil. authority
10. Canadian actor Mr. Bellows
13. Distinguished [abbr.]
14. Actress Ms. Ling
15. King, in Portugal
16. Rapa __ (Easter Island)
17. Dadaist Jean
18. Historic site in Alberta, Head-Smashed-In __ __
21. Fur __ (Beaver's bane in early Canada)
23. Earth's __ layer
24. Evening: French
25. Gaelic
27. Require
30. The Ewing Clan's show
32. Ruffled-waist, as on a dress
34. Gangster from 'Star Wars', __ the Hutt
36. Singer of "Grace Kelly"
38. Popeye comics kid, __'Pea
39. "Take __, _ insist!"
40. iPads, and others
43. 'Fact' finisher
44. __ vinegar
46. TV-watcher's spot
47. Symbols
49. Dickinson of "Dragons' Den"
51. Together
53. "This __ laughing matter!": 2 wds.
54. Their: French
55. Increases twofold, for short
58. Courtroom event
60. Breakfast serving
62. Acadian singer of "Kissing Rain": 2 wds.
66. 'One' to Marie-Claire
67. British singer Rita
68. Affixed, abbreviated
69. Hour div.
70. Opposite WSW
71. VJ's network
72. __ Vegas
73. Mac rivals
74. Hockey great Mr. Apps

Down
1. "__ great!" (Congrats!)
2. Mask-and-sword swashbuckler
3. Causes of past due notices: 2 wds.
4. Superior at a French monastery
5. Comedy duo, __ and Hardy
6. "I Love Myself Today" by __ Naked
7. Fad
8. "Canadian Idol" Season 5 winner, Brian __
9. The __ Quintuplets
10. Antelope with ox-like horns
11. 'Consort' completer
12. Collagen target
19. Coal and petroleum: 2 wds.
20. Army vehicles
22. Dullsville
26. Sylvester Stallone title role
28. Dan Aykroyd's harmonica-playing character: 2 wds.
29. Expected to arrive: 2 wds.
31. Globe's long. crosser
32. Mr. Sajak
33. Prescriptions, commonly
34. "Letters from Iwo __" (2006)
35. Video game pioneer
37. Mr. Reeves
41. Peer Gynt's mother
42. Sixties-style protest, __-in
45. Wedding anniversary for tin
48. Relinquish control
50. Aboriginal artist Mr. Morrisseau, The Picasso of the North
52. Alanis Morissette hit
54. Milks: French
56. Squiggy's "Laverne & Shirley" pal
57. Hamilton, __ City
59. Speck
61. Clothing department
62. Movie genre, __-com
63. 'Comf' completer
64. Cleveland NBA-er
65. Rapscallion

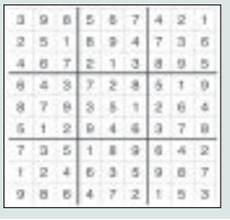
Yesterday's Crossword



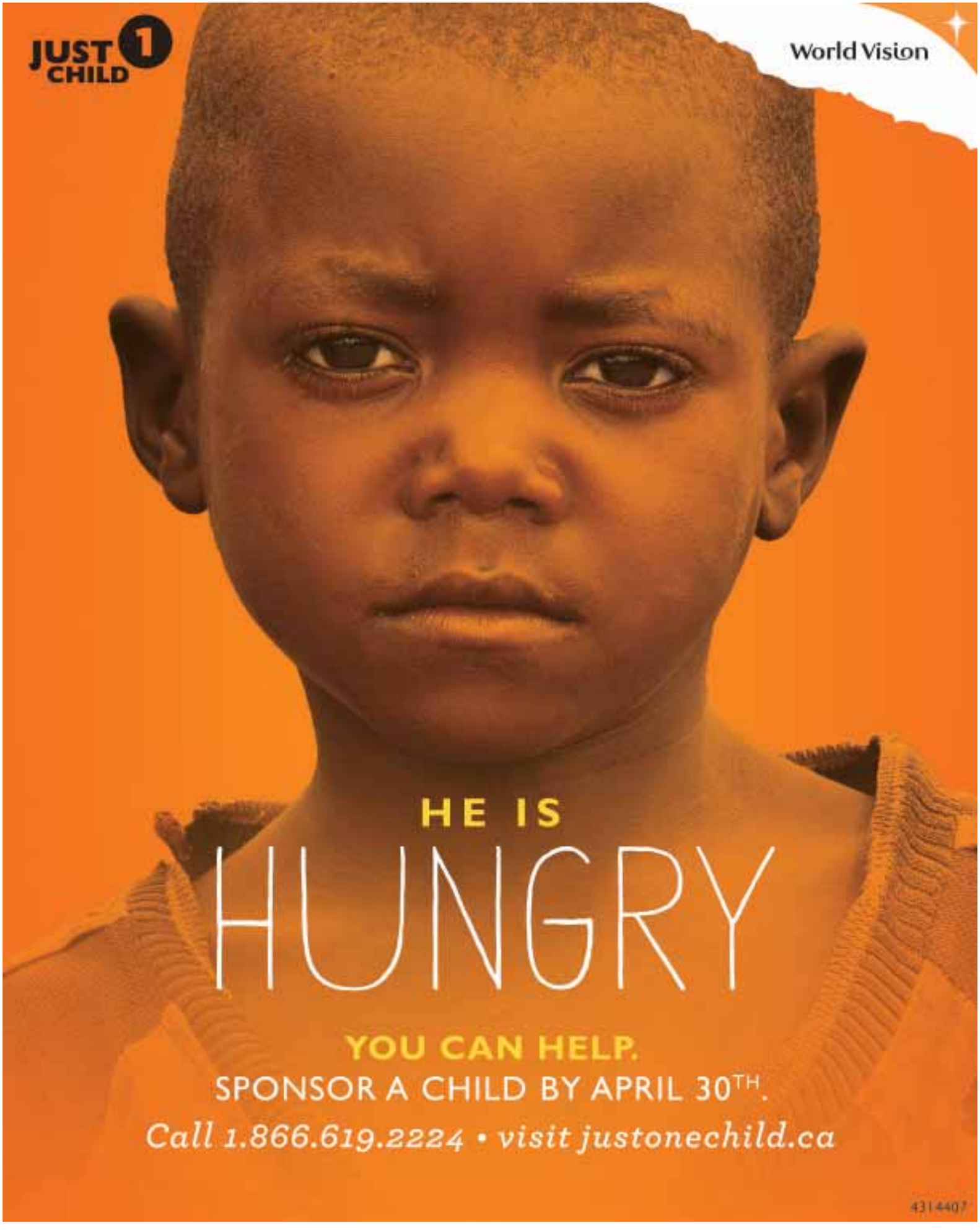
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



CITY WIDE DELIVERY
GIFTS FOR YOUR VALENTINE
VALENTINE BALLOON BOUQUETS
GIFT BASKETS & PLUSH
BUTTER AND CREAM FUDGE
BALLOONS BY FRED
565-0899 | 541 ALBERT STREET | 565-0899


JUST 1 CHILD
World Vision
HE IS
HUNGRY
YOU CAN HELP.
SPONSOR A CHILD BY APRIL 30TH.
Call 1.866.619.2224 • visit justonechild.ca
4314407